



Denise (Cruse) Jones is a passionate personal and group fitness trainer who has specialized in serving specialty populations since 2016. In 2018, she officially launched Cruse Control Fitness with a mission to help clients improve their health, confidence, strength, and overall quality of life through fitness.

She began her career exclusively working with adults and children with developmental and physical disabilities.

However, after successfully managing two high-risk pregnancies through diet and exercise, she expanded her focus to help other women navigate high-risk pregnancies.

Known for her energetic and nurturing approach to fitness training, Denise has worked with clients diagnosed with Autism, Cerebral Palsy, Down Syndrome, Deaf and Hard of Hearing, Paraplegia, and more. She has also partnered with a variety of organizations including One World Center for Autism, the Department of Education Division of Rehabilitation Services (DORS), and Parents of Children with Down Syndrome (PODS) of Prince George's County, Maryland.

Beyond fitness, Denise is deeply committed to community service. She previously served as the President of the Board of Directors for Lifeline Partnership, a nonprofit organization that serves adults with disabilities. She now serves as the Fundraising Committee Chair.

Born and raised in Takoma Park, Maryland, Denise serves clients nationwide through her fitness app. She holds a B.A. in Communications from Seton Hall University and is certified through the American Fitness Professionals & Associates.